

INSTRUCTIONS FOR NUCLEAR STRESS TEST - 2 DAY
(The time of your second day will be arranged at your first visit.)

NAME: _____

TIME: _____ **DATE:** _____

LOCATION: CVA – Wausau CVA – Rhinelander

PATIENT PREPARATION

- ◆ **NO CAFFEINE 24 HOURS BEFORE YOUR TEST**
 - ◆ Including coffee, decaf coffee, soda, tea, chocolate, and aspirin containing caffeine.
- ◆ **NO** smoking or alcohol after midnight.
- ◆ Notify us if you take insulin.
- ◆ **DO NOT** take the following meds listed below for **24 hours** prior to your appointment unless instructed otherwise. **You may take all other medications.**

Betopic/Kerlone (Betaxolol)	Lopressor/Toprol (Metoprolol)
Blocardren/Timolide (Timolol)	Normodyne/Normozide/Trandate (Labetolol)
Bystolic (Nebivolol)	Sectral (Acebutolol)
Coreg (Carvedilol)	Tenormin/Tenoretic (Atenolol)
Corgard/Corzide (Nadolol)	Visken (Pindolol)
Inderal/Inderide (Propranolol)	Zebeta/Ziac (Bisoprolol)
Levatol/ Penbutolol	

- ◆ Unless otherwise specified by your doctor, the following medications **should not be taken for 48 hours prior to your test.**

Aggrenox	Elixophyllin SR (Bronkodyl)
Aerolate (Theo-24)	Respid
Aminophylline	Theobid/Theolair (Theophylline)
Anacin	Trental
Dipyridamole (Persantine)	Uniphyll

THE DAY OF YOUR TEST

- ◆ **NO** food or liquids at least **4 hours** before your test. You may take all your other medications with a sip of water unless instructed otherwise.
- ◆ If you take inhalers, please use them and bring along to your appointment.
- ◆ Wear comfortable clothing and walking shoes for exercise. No flip-flops.

In order to ensure the most accurate results, you will be required to have your test performed over a 2-day period due to body habitus. Each day may take up to **2 hours**.

❖ **PLEASE FOLLOW ALL INSTRUCTIONS CAREFULLY TO AVOID RESCHEDULING**

If you are unable to make your scheduled appointment and do not cancel within 24 hours, you will be charged a cancellation fee of \$25.00. This fee cannot be billed to your insurance.